VOL-1 ISSUE - 19

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AUG 20-26, 2021

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CULTURAL eMAGAZINE

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FIRST OF ITS KIND FROM KERALA

19

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MOHINIYATTAM EXPONENT

DR. SUNANDA NAIR

INTELLECTUAL & EXCLUSIVE DIALOGUE WITH

ANNIE SMITHA

PhotoRoom

A Long Walk In Gulmarg

Rana Safvi

Basket Artist

Debora Muhl

CULTURAL eMAGAZINE
INK OCHI
FIRST OF ITS KIND FROM KERALA

Editor & Publisher
Varghese T Thomas

Editorial Desk
Annie Smitha
Alicen Roshiny Jacob

Design & Layout
Hari N Nair
Viswanath Gopal

Marketing & Advertisement
Suresh Panickar

Cover Photo :
Dr.Sunanda Nair

For editorial, advertisements and feedback:

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Phone/WhatsApp : 8547 107 471
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inkochi.emagazine@gmail.com

Editor's Note

Traditional Dance culture in India | Represent Hindu Mythology & Spirituality

Dance in India signifies the ancient tradition of our culture. A classical dance training & meaning for expression practice is documented and traceable to ancient classical text, particularly the Natya Shastra.

Indian classical dance requires studies of classical texts, physical exercises and extensive training to systematically synchronize the dance repertoire with play or composition, vocalists and Orchestra.

INDIAN CLASSICAL DANCE FORMS:

It's believed that classical dance forms enact stories from Hindu Mythology. In Indian culture we have many dance forms coming from different states. But there are 8 forms of classical dance recognized on a national level.

Mohiniyattam - This dance form, out of eight, originated from Kerala. The meaning of Attam in Malayalam is rhythmic motion hence adhering to the dance of the divine enchantress. According to mythology, Mohini is the female avatar of Lord Vishnu.

Happy Reading...!!
Varghese T. Thomas

FOR SALE

Title:
Nature

Code: INK167

Artist: Gigi K Thomas
Medium: Watercolour
Surface: Handmade paper
Size: 15x11 inches - Rolled
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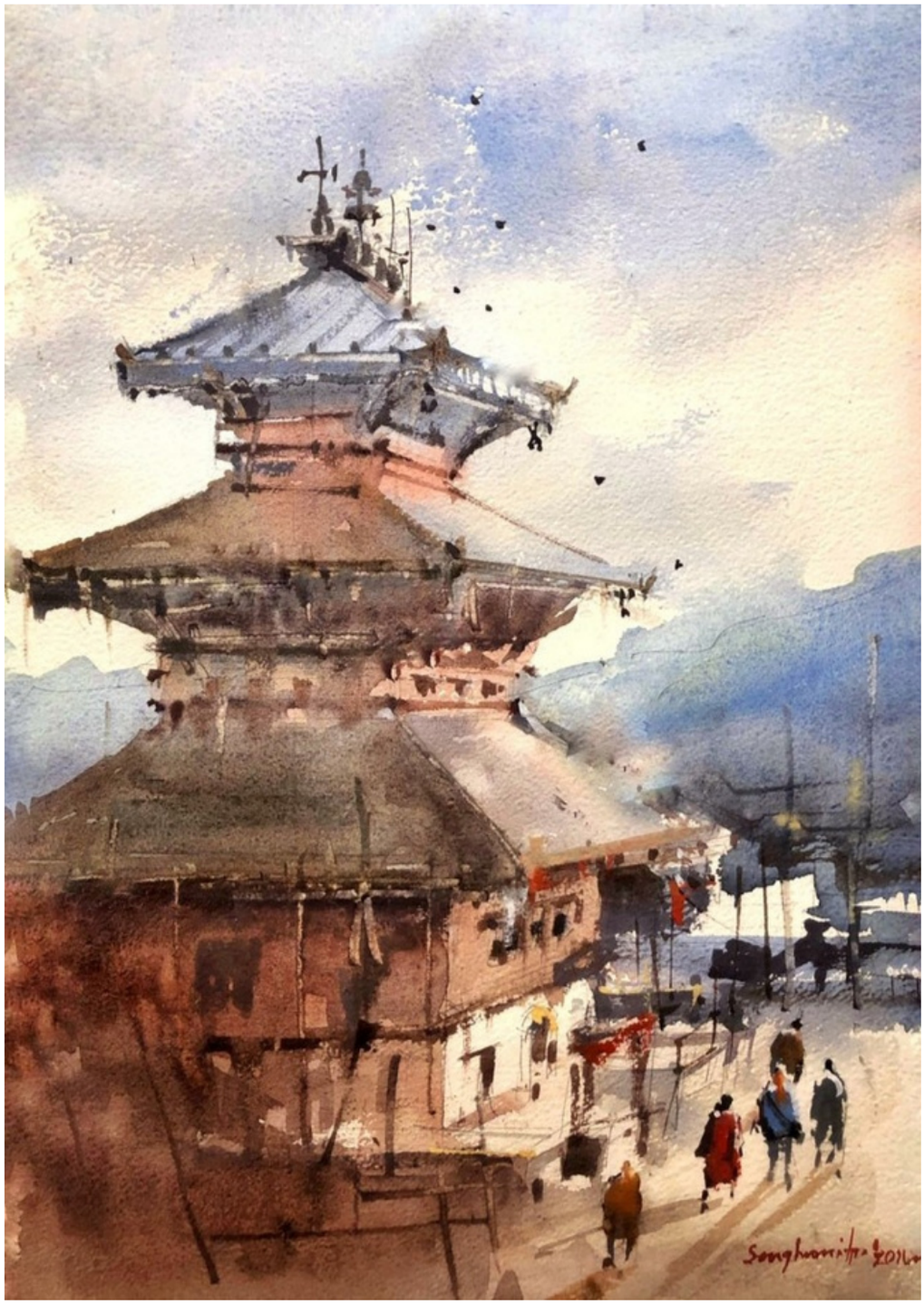

Title:
Devine Nepal

Code: INK168

Artist: Sanghamitra Roy Majumder
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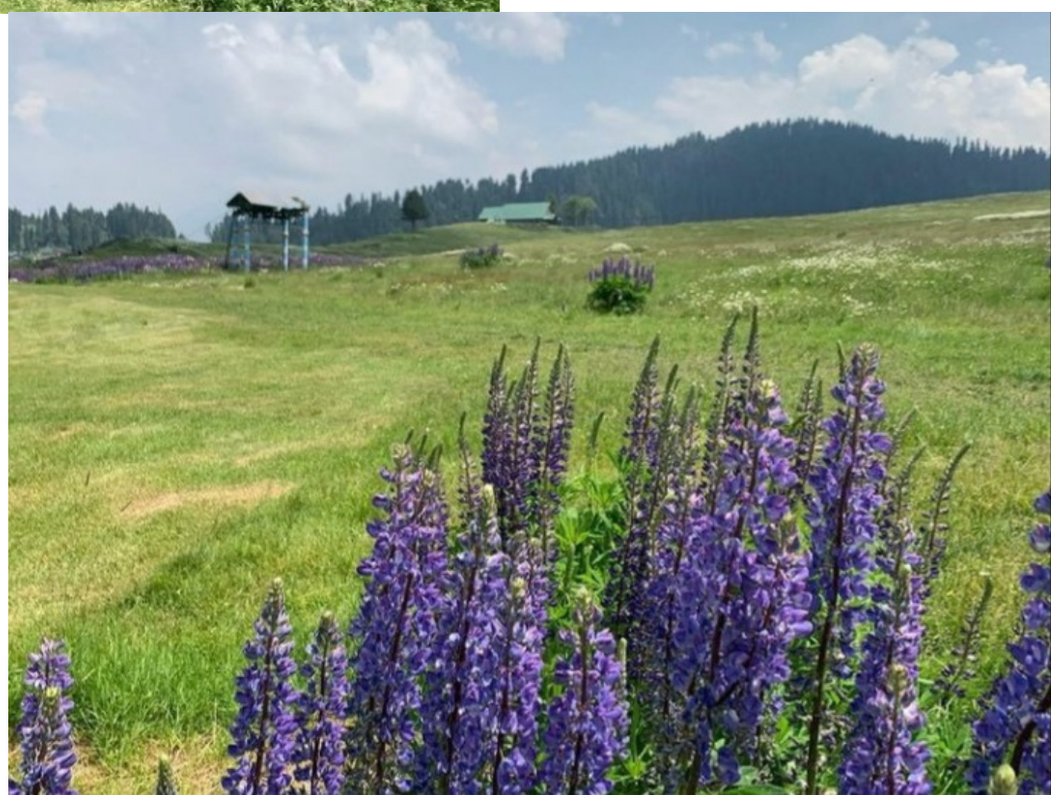
a long walk in gulmarg

Rana Safvi

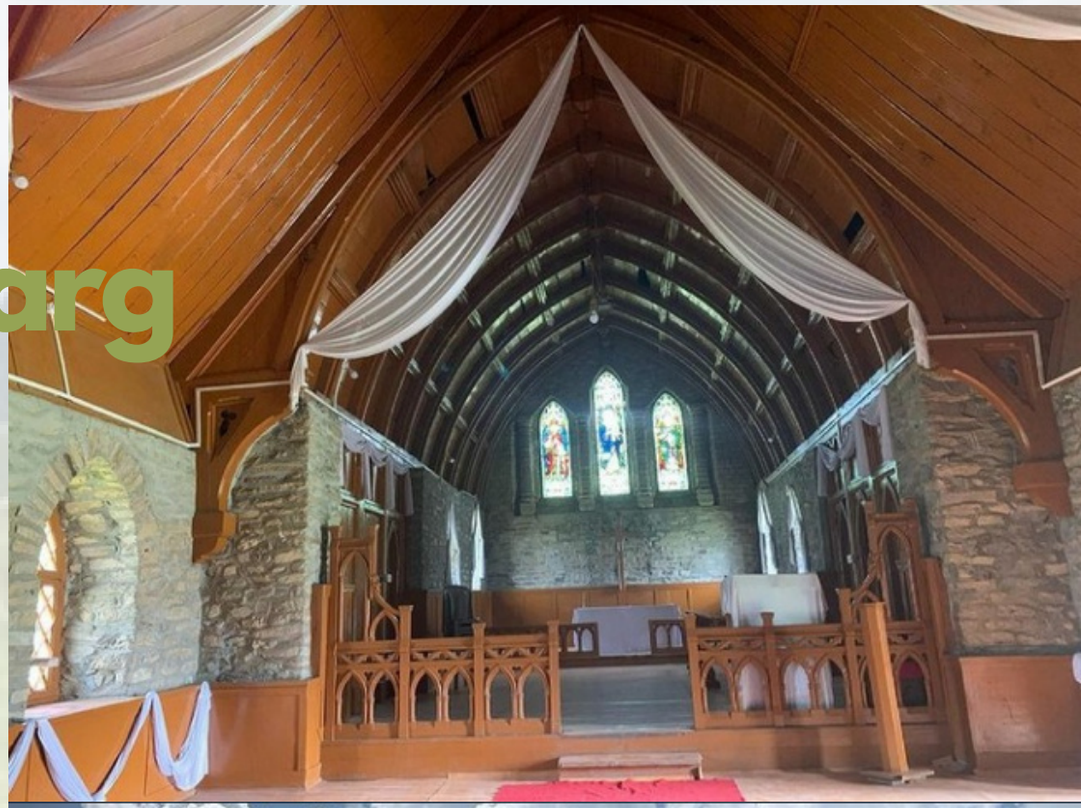
Text & Photos: Rana Safvi

Walking across the world's highest golf course to the St. Mary's Church in Gulmarg was quite an experience.

The walk was quite a long one and that I had twisted my ankle the evening before didn't help either.



a long walk in gulmarg



However, the result was worth it. Set on top of a small hillock in the rolling meadows with lavender flowering all around, this church built in 1902, with grey stone and wooden ceiling built in the Victorian style looks like a English countryside chapel.

There are three beautiful stained glass windows with Mother Mary and baby Jesus and St. George.

RANA SAFVI is a master in medieval history from the prestigious Centre for Advanced Studies, Dept. of History, AMU.
A firm believer in our Ganga Jamuni Tehzeeb, she is passionate about gaining and sharing knowledge and documenting India's rich cultural heritage via my books, articles, blogs and videos.
Rana has authored Where Stones Speak – The Delhi Trilogy : 1. Historical Trails in Mehrauli, the First City of Delhi.

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Artist - John V Pallathatta

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Drop in : Mulanthuruthy
Ernakulam, Near Kochi, Kerala

Basket Artist

Debora Muhl

Debora Muhl is a self taught basket artist from Emmaus, PA, USA, who uses the technique of coiling, in which coils of sweet grass are sewn together with waxed linens or artificial sinew.

Her materials of choice are sweet grasses found in various parts of the United States as well as in Canada. All of the grass is gathered, combed & sorted by Native Americans.

The grasses are left in their natural state for their sweet aromas.

Debora Muhl

MUSIC WAS MY FIRST PASSION. IT GAVE ME A VEHICLE FOR EXPRESSING DEEP FEELINGS, AND IT TAUGHT ME THE NECESSITY OF BRINGING DISCIPLINE AND CLARITY OF VISION TO MY WORK. SCULPTURAL COILING ALLOWS ME TO CREATE A KIND OF VISUAL METAPHOR FOR THE MUSIC OF MY LIFE.

Many of these coiled sculptural baskets begin with an unusual cut-out segment of gourd and are designed in the process of their creation. The resulting basket is a free form sculpture.

Debora Muhl

Muhl began making baskets in 1984, but the challenge of mastering various techniques and materials eventually led her to create one-of-a-kind art pieces.

Debora Muhl

Her work is included in many private collections around the world as well as in the permanent collections of the Mint Museum in Charlotte, N.C., the Museum of Fine Arts, Boston, Ma., the Fuller Craft Museum in Brockton, Ma., Museum of Decorative Arts in Paris, France and the Racine Art Museum in Racine, Wi.

Text & Photos: Reproduced from the website of Debora Muhl

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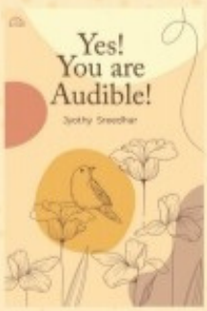

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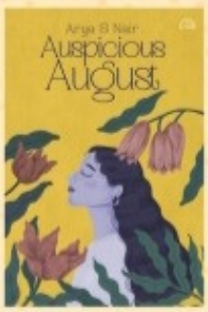

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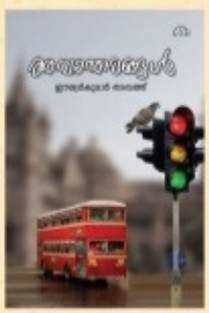
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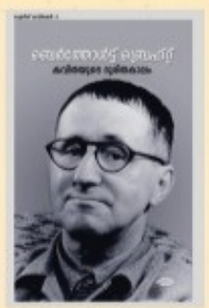
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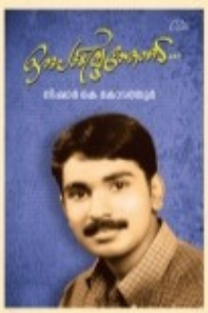
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MOHINIYATTAM
EXPONENT

DR. SUNANDA NAIR

Art is an expression of one's emotion, an artist inseparable from her person.
Dr. Sunanda Nair needs no introduction.
Her name resonates across the globe among performers and is synonymous with the art form-Mohiniyattam.

laasyanarthaki

Text: Annie Smitha

Shishya- The Eternal student

Kalamandalam Krishnan Kutty Warrier Aashan was Dr. Sunanda Nair's first Guru who entrusted his Shruthilaya Institute of Fine Arts to her when she was fifteen. The highest form of recognition a Guru can confer on his Shishya. She continued her journey in Bharatanatyam under Acharya Deepak Mazumdar.

Daughter of Kerala, born and brought up in Mumbai, she discovered her passion for Mohiniyattam during her teenage. Watching Dr. Kanak Rele's performance in Doordarshan almost doubled her urge to learn Mohiniyattam . She went to Nalanda Nrityakala Mahavidyalaya and expressed her wish to learn the art form under Dr. Kanak Rele. During this time, Sunanda had won many prizes in dance at the University. Moreover Acharya Deepak Mazumdar, Sunanda's guru was a disciple of Dr. Kanak Rele.

INTELLECTUAL & EXCLUSIVE
DIALOGUE WITH
ANNIE SMITHA

Luckily , Dr. Rele agreed to accept Sunanda as her shishya but as she did not entertain private students, Sunanda had to join the Nalanda Nrityakala Mahavidyalaya to learn Mohiniyattam as Fine Arts Degree. She had to make a crucial decision at this juncture of her life whether to pursue law at JC College of Law or to learn Mohiniyattam under Dr. Rele.

laasyanarthaki

Dance was in her blood which made her choose art over law. Nothing could stop her from climbing the success ladder from there. The guru-shishya duo- Dr. Kanak Rele- Dr. Sunanda Nair is one of the most talked-about teacher-student pairs.

They are known for their talent, dedication and commitment that made them elevate the little known art form of Mohiniyattam to the global recognition that it receives now. Sunanda did her masters in this dance form from Nalanda Nritya Kala Mahavidyalaya affiliated to the University of Mumbai. She then completed her PhD under Dr. Rele from the University of Mumbai.

She never stops exploring and learning more of the art form from which she is inseparable.

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Narthaki-The artist

The artist, Dr. Sunanda Nair is not just a performer. She practically lives the character she portrays when the stage becomes a battlefield, a garden or a forest. The range of expressions the subtle movement of her facial features can create is sheer brilliance combined with a rare talent. **The graceful and unique swaying movement in Mohiniyattam is made all the more attractive and enchanting when every slight movement she makes is synchronised with the rhythm and the meaning of the song**. Watching her perform reminds me of a flowing stream pure and peaceful. It is joy and satisfaction that any art-lover gets to feel watching Sunanda Nair perform on stage. The artist says that one cannot dance to create an impact as it would be mechanical. She believes in giving her hundred per cent involvement in what she does. Dance comes naturally to her.

She improvises on stage whenever she is performing with her orchestra. Her devotion, hard work and the much acclaimed dancing style made her one of the busiest artists. **She used to perform in opposite time zones with 18 hours of flying and 2 hours of sleep in between**. She had made performances worldwide and participated in numerous celebrated dance festivals. Awards and recognitions came her way. The titles Kala Sree and Kalarathnam to name a few. The devoted shishya considers the words of appreciation of her Guru Dr. Kanak Rele to be the most precious award she has ever won.

Guru-The teacher

Dr. Sunanda Nair began to teach dance at the age of fifteen at the Shruthilaya Institute of Fine Arts, Mumbai. She joined the Nalanda Nrityakala Mahavidyalaya after her post-graduation as a lecturer and taught there for nine years. Sunanda Nair moved to the US and started her institution, Sunanda's Performing Art Centre (SPARC) at Houston. She has students from all the continents across all age groups. The proud Guru did not need a second to respond to the question about her students. **"My students are the best"**. Her joy reaches her eyes when she makes this declaration.

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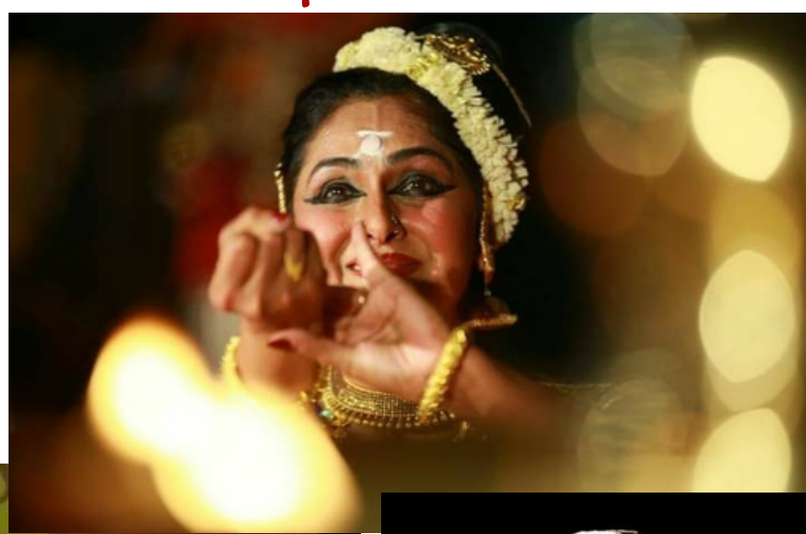

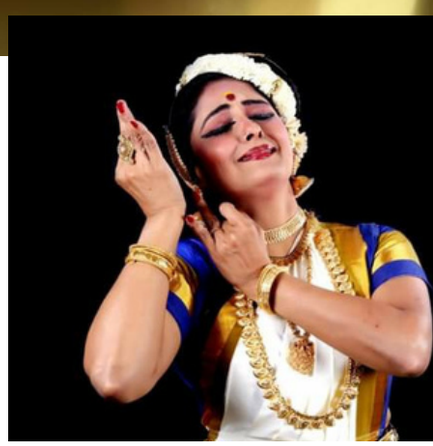

Let me quote some of her students about their teacher.

"Sunanda ma'am has been a huge influence in my life since the age of 13. She is someone who will not waste a single minute and manages to give more than a 100% to each of her students.

Her students across age groups and continents strive for excellence inspired by the energy she exudes on stage and in the dance studio. Each class with her opens my mind's eye wider and helps me observe the world with a more sensitive and pensive gaze. As a performer, she has touched thousands of hearts around the world. She has taught me that hard work, dedication and discipline is the only way to navigate the world of dance." says Mamata Vasanthkumar.

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The vast possibilities that Dr. Sunanda Nair's teaching of Mohiniyattam have brought to her senior student group Sakhyam, comprised of Arathi Remesh, Divya Shanker, Sarita Warrier and Suja Pillai, have been the most valuable experience for them.
"Mohiniyattam and group choreography is a challenging task." says Arathi Remesh. "Sunanda Ma'am, has opened up a choreographic treasure chest in which she has been able to create visuals within our group of four dancers by using intricate adavu formations and patterns that seamlessly blend together, yet are so distinct and appreciated within this style."

The same continuity of movement is an aspect Divya Shanker says has been the hallmark of learning this style under Sunanda Ma'am. "Every ounce of space and time is filled with movement, one sway and bend leading to another. Ma'am has always stressed the importance of how these transitions should look effortless, as if there is no beginning and end to the movement, just a singular flow."

Sarita Warrier again stresses the seamless aspect of her teaching in saying, "Ma'am has stressed the importance of how time is our friend when depicting a particular padaartham."The slow, elaborate taking of a mudra, using hands, eyes and body, in order to give it a visual translation is not rushed through just a single musical line, instead, it is formed with intent and grace."

Suja Pillai spoke to the often-forgotten technical piece of breath control within dance that Sunanda Ma'am has ensured becomes a focus for their group. "So many times, a dancer does not use their breath in tandem with their movements. Ma'am has taught us when to fully exhale and let our breath go in order to collapse into a bend or sway as needed. Her teachings like this, have been what have allowed the four of us as dancers to not only move as one, but breath as one!"

laasyanarthaki

Kalasnehi-The art lover

Dr. Sunanda Nair takes it upon herself to perpetuate the Guru-Shishya Parampara. She strongly believes in giving back to the society that helped her grow into the artist she is. Her institute SPARC conducts dance festivals annually in Mumbai called 'The Kanak Festival' and one in Houston named 'Narthaki'.

The pandemic did not stop her from being the person she is. She started two ventures - 'Vachika' and 'Arpanam'.

Vachika is an online interactive series featuring renowned personalities of Indian classical dance and arts. These sessions provide opportunities to learn about great artists and their valuable experiences.

'Arpanam' is a virtual platform that brings dancers worldwide to perform various Indian Classical dances. It is a great initiative that showcases talents across multiple disciplines. On one side, talented artists gets recognised when presented by none other than Dr. Sunanda Nair. On the other side, it provides a new arena for the younger generation of artists to watch and imbibe the spirit of high art. The festival completed fifteen modules to date.

Love for the art, constant dedication, practice and 'Guru-bhakti' sets this soulful dancer a class apart.

Video link in the Homepage.

Annie Smitha
Independent Writer / Poet / Educator
Sobha Icon, Palakkad, Kerala.
(A CSR project of Sobha Ltd.)
annie.smitha@gmail.com

Afghan Culture

amazing to know

Contribution: Akbar Khan

There are 14 ethnic groups in Afghanistan Pashtun, Tajik, Hazara, Uzbek, Turkman, Baluch, Pachaie, Nuristani, Aymaq, Arab, Qirghiz, Qizilbash, Gujur, Brahwui and Other Tribes.

Taliban is not one of them !!!
So this Talib culture is not indigenous to the Land please discover real culture and tradition of Afghanistan ... the Talib are as much Invading force as the US Infact they are a creation of the US remember !

amazing to know

The construction was started in 72 AD by Vespasian, a master commander, and was completed in 80 AD during the period of Titus. Subsequent changes were made at the time of the Domitian reign.

Colosseum

Contribution: Photo Archaeology

Emperors organized gladiatorial fights here to entertain the Roman people and for their own entertainment. Apart from these, there would be many popular demonstrations, imitation sea battles, animal hunting, executions, revival of famous wars, dramas based on classical mythology. The Colosseum was later used for various purposes as a shelter, business shops, religious barracks, rest, quarry, and Christian tomb. Despite being devastated by the earthquake today and its stones stolen, the Colosseum has long been considered the iconic symbol of the Roman Empire.

amazing to know

Tomb of the legendary Robin Hood in Yorkshire, England

Contribution: Photo Archaeology

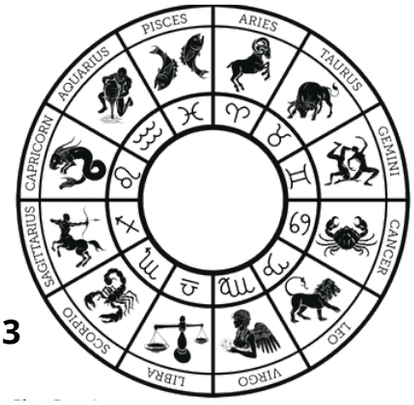
The steamship from Glasgow, UK, was destroyed by fire in 1912; four years later, the burnt hull was stranded in Cockle Bay, Magnetic Island, Australia.

Contribution: Photo Archaeology

WEEKLY Tarot Reading

By: Chaitali Mukherjee

https://youtube.com/c/TarotPriestess1313



Your Next 7 Days

Aug 20-26, 2021

You are getting out of conflicts. A new emotional or work situation is happening for you. You will be granted a safe passage from a situation of obstacle or contention. You majorly reform your relationship co-dependence issues by concentrating on positive thinking.	**ARIES**	**LIBRA**	A period of transformation, old cycles of life will give way to new situations. You had decided to move on from something or someone but you decide to come back...there could be delay in renewals but reconciliation is on the cards.
You need to have patience while making a decision regarding a relationship issue. In general life you can become successful in executing a big ideas, you will get name, fame and recognition...Good period for new beginnings.	**TAURUS**	**SCORPIO**	Your logical approach will take you out of an indecision, may be you were in an illusory mental conflict. Some person of authority, spouse or a boss can create drama. However love and emotions will be great. A forward movement in all walks of life.
Determination regarding work or love goals. Faith in relationship will get reinstated. There could be stressful situations, you need to have patience to handle them. Advice is to detach, create your boundaries.	**GEMINI**	**SAGITTARIUS**	You are busy in this period. Lot of work and responsibility is on you. Fix your priorities, finish one work at a time.Travelling, thinking on your feet is on the cards. Opportune situations and fast growth time for you.
Worries about money or relationship. Gradual growth towards stability in both will happen. Right now situation could be chaotic and you want to walk away from it...but taking a break and by proactive thinking you will figure out your path of success.	**CANCER**	**CAPRICORN**	Good news inspirational ideas are coming to you. International travel can take place, new start of a phase in your life. A period of gradual but substantial growth. So,be patient if there are delays.
Mental separation, loss in relationship will bother you. You don't want to negotiate, nor you want to let go...however you will pick arrangements of convenience and would commit to civil arrangements to diffuse problems.	**LEO**	**AQUARIUS**	Anxieties due to buying or selling of home or some other issues at home. Purse strings need control, so judicial spending is recommended. Some delays can happen in converting new opportunities...but they will happen soon, don't get anxious as these new beginnings are guaranteed. Travel is on the cards.
Releasing fears regarding connections or relationship is on the cards. A week of mishaps at home. Unreliable people around you. The challenges will keep coming but you need to manifest your desires and goals to move forward with conviction.	**VIRGO**	**PISCES**	Think positively in every situation as improvements are underway. Consoling gifts and peace offerings will come towards you. Time to heal from unpleasant situations and crisis in health. Your interest in life will come back after illness or trauma.

To know more about your reading, please watch her YouTube channel - Link in the Homepage

Hey....!

A Spotted Deer standing on its hind legs to reach a tall tree and rub the open preorbital glands to deposit scent.

Click at Kabani Karnataka

July 2021.

OneWeek
OneShot

By:
Aarzoo Khurana

PORTRAYING

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Near, Kochi

Thank you for READING...

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